

## Acers Fastpitch Organization (AFO) Rules & Regulations

09/2018

The primary objectives of Acers Fastpitch Organization (AFO) teams are to learn the game of softball, strive to be competitive, prepare to play at the next level, and have fun. After a win, we will be humble winners. After a defeat, we will be gracious losers. We will win as a team and lose as a team.

- **Players**

- Players will refrain from derogatory or divisive communications involving the Acers organization and its coaches.
- All players must maintain a minimum 3.0 GPA to be eligible to play or practice.
- Playing time will be determined by the head coach in accordance with the player's attitude, attendance and skill level.
- Each player is required to have appropriate personal equipment and uniform as determined by the coach.
- Players that become pregnant will no longer be allowed on the team.
- Players found to be in the possession of, under the influence of, or with friends who are in the possession of drugs, alcohol or tobacco products will be immediately suspended from the team. (See separate Drug, Alcohol and Tobacco policy)
- Players must report all injuries to a coach.
- Players must wear mouth guards while playing defense in the indoor facility.
- Players must wear batting helmets with face masks and chin straps at all times when on the field and at all times during batting practice.
- Players are to arrive at all games at the time designated by the head coach; with uniforms and cleats on, ready to warm up.
- Players are to remain in the dugout at all times during the game unless excused by a coach.
- Only players, coaches or scorekeepers are allowed in the dugout.
- Players are not permitted to use cell phones during practices or games.
- Boyfriends are not allowed at practice.
- Players will not argue with umpires. Acting or playing in an unsportsmanlike manner or intentionally disobeying a coach's request could result in a disciplinary action.
- Players are not to be rude in any way to a fellow team member, an opposing team member, coach, umpire or fan.
- Throwing helmets or equipment, swearing, temper tantrums or yelling at other team members, coaches or parents is considered unsportsmanlike.
- Being disrespectful toward a parent while at a practice, a game or other event is considered unsportsmanlike.
- The disciplinary action for unsportsmanlike play or behavior could result in one or more of the following, determined at the coach's discretion:
  - Running laps or doing calisthenics
  - Being benched for one or more innings.
  - Sitting out a game.
  - Being sent home.

- Removal or suspension from the team.
  - Players that miss the practice preceding a game will not start the game.
  - Players that are more than 5 minutes late before a pre-game warm up will not start the game, unless excused by the coach.
  - School softball practice is not a substitute for our team practice. You are requested to discuss your school practice schedule with the coach.
  - All players are required to attend all games and practices unless excused by the coach in advance. Players that fail to do so will not start the next game.
  - Players are requested to inform the coach at least 24 hours in advance if they are going to be late or miss a game or practice.
  - Players with more than three unexcused absences could be asked to leave the team.
  - Players must review information regarding concussions and brain injuries and sign and return an acknowledgement form prior to practice or competition annually. Players, regardless of age, must notify a coach if they or a teammate exhibits signs or symptoms of a concussion/brain injury.
- **Parents' Rules and Regulations:**
    - Parents will refrain from derogatory or divisive communications involving the Acers organization and its coaches.
    - Parents are welcome and encouraged to attend practices, games and fundraisers but must not criticize any of the players negatively or in a negative tone of voice. Parents are asked to promote sportsmanship by supporting the players with positive encouragement. If you can't say something positive, don't say anything.
    - If parents are unhappy about a situation, they should allow a cooling off period of at least 24 hours before discussing with the coach. They should not confront the coach during or directly after a game.
    - Parents must not use foul or abusive language while at games or practices.
    - Parents are not to coach the players from the sidelines. The players are instructed to ignore the parents' verbal instructions and verbal coaching during games.
    - Parents are asked to leave any communication with the umpires to the coaches. No arguing or challenging the umpires, no matter how much you may disagree with the call that is made.
    - Parents must review information regarding concussions and brain injuries and sign and return an acknowledgment form prior to practice or competition annually.
- **AFO Practice Facilities**
    - Only Acers players in good standing, Acers coaches, and approved trainers may use the facilities, as long as the player is not interfering with another team's practice.

- Non-Acers players are not allowed to use AFO facilities unless they are students of approved trainers and must be under that trainer's supervision at all times.
  - All users of AFO facilities must have a valid use waiver on file with the AFO. No exceptions.
  - The Indoor AFO Facility door access code should not be shared with non-Acers.
  - A player will not be allowed to use AFO facilities after quitting or being dismissed from her team.
  - All families are to participate in the rotating AFO facilities cleaning schedule.
  - All spectators at indoor practices will remain in the office or observe from the upstairs mezzanine. Only Coaches and players only on the main floor.
  - Chairs will not be permitted downstairs in the indoor practice area.
  - No one under the age of 12 is allowed in the AFO office without adult supervision.
  - Anyone under the age of 18 must wear batting helmets while in batting cages. No exceptions.
  - No climbing on nets.
  - All bat bags and gear bags are to be hung up or stored out of the way.
  - Loud radios are not allowed.
  - Pick up balls; put away all nets, screens and sliding mats. Leave AFO facilities in better shape than when you arrived.
  - Water only in work out area of indoor facility (i.e. no Gator-aid, Kool-aid, food, candy, gum or seeds, etc).
  - No food items left at AFO facilities. If you bring it in please take it out.
  - No parking in front of the indoor facility neighbor's businesses before 6pm.
  - If something is broken or needs to be fixed, notify Mark Anderton at andertonsports@aol.com as soon as possible.
  - Last person out, be sure that all doors are closed and lights are off when you leave the facility.
- **Disciplinary Action**
    - Failure to abide by AFO Rules and Regulations could result in disciplinary action. In all instances, the AFO reserves the right to take any and all disciplinary steps it deems appropriate – including taking no steps at all – to potential suspension of the player from her team.